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X-Files unsealed

FOX CONFIRMS IT'S IN TALKS TO BRING BACK THE LONG-SINCE-ENDED SERIES, AND ITS ORIGINAL STARS — BUT WILL GILLIAN ANDERSON REPRISE THE ROLE OF SCULLY WHEN IT'S STELLA GIBSON SHE ENJOYS PLAYING?

PAGES 12 & 13

CURBING CELL SEPARATION ANXIETY

Do you have a smartphone addiction? Maybe Fauxn, a wooden security blanket, will help you curb it. Janak Alford, CEO of Ottawa-based design firm prototypeD, holds up the Fauxn, an iPhone replica made out of burnt maple, and quite possibly the Pet Rock of the 21st century. See story, page 4. JOE LOFARO/METRO

Your taxes may go to making taxman look good

'Positive messaging.' Revenue agency wants website to counter negative news stories

The Canada Revenue Agency wants to set the record straight with its own response website, whenever journalists fail to include its upbeat take in their stories.

A new document shows the CRA is considering a special website to post rebuttals to media coverage it doesn't like. The website would also be a place the agency could direct journalists to a canned response if it gets flooded with calls on a hot topic.

Officials pitched the idea to CRA commissioner Andrew Treusch in an August 2014 memo.

"The purpose of this briefing note is to follow up on a discussion with your office of actions that might be taken to get our positive messaging out in instances where media coverage does not reflect the content we have provided," it says.

The Canadian Press obtained a copy of the memo under the Access to Information Act.

The document weighed the pros and cons of the idea. On the one hand, the agency saw the advantage of putting out facts and data, "both in a broad sense and in instances where we are encountering difficulties in generating media pick-up of this information and balanced coverage."

On the other hand, the CRA wants to avoid scooping journalists by posting responses to their questions on its website before their stories are published or broadcast.

"Constructive relationships with the media are important to the CRA's compliance communications goals, as the CRA relies on the media to convey information for taxpayers throughout the year, particularly during filing season," the memo says.

"We also want to avoid outcomes that incur significant costs for the agency — for example, as a result of the need for translation."

In the end, agency officials recommended going ahead with the plan.

"(Public affairs branch) proposes the creation of a new section in the newsroom on the CRA website where the agency could post relevant, approved material in instances where a journalist has written an article without reflecting the CRA's input or when the agency is responding to numerous media requests on a significant subject."

Officials told Treusch that if he approved of it, the new section of the website could be up and running by the end of September. The commissioner signed off on the idea on Aug. 8.

In the comments section, he told staff to brief the officials in the office of National Revenue Minister Kerry-Lynne Findlay and to ask them if they'd like a similar memo.

The new section had not appeared on the agency's website as of Sunday.

CRA spokeswoman Jennifer McCabe said the idea is "still under consideration."

"The CRA puts a lot of time into the development of comprehensive responses to individual media inquiries, and is always seeking new ways to provide timely, relevant and factual information to all media and to Canadians," she wrote in an email.

THE CANADIAN PRESS

Female employee

Restaurant owner facing charge

The co-owner of Rockwell's Restaurant & Bar, Jim Theodossiou, 75, has been charged with sexually assaulting a female employee who is in her late teens. Theodossiou is due to appear in court Feb. 12. Police allege there may be more victims.

Theodossiou co-owns Rockwell's with his brother Mike. According to the restaurant's website, they immigrated to Halifax from the Greek island of Rhodes in 1956.

Anyone with information is asked to contact the Ottawa Police Service Sexual Assault and Child Abuse Unit at 613-236-1222. ext. 5944. LUCY SCHOLEY/METRO

Rockwell's co-owner is charged with sex assault. SEAN MCKIBBON/METRO

Impaired driving

Driver charged after collision

Ottawa police charged a local school bus driver with impaired driving after her bus was involved in a collision in the city's south end.

Police said they responded to the intersection of Navan and Milton Roads at approximately 2 p.m. last Thursday after a school bus collided with a car.

The driver was under the influence of alcohol while en route to a school to pick up students after school, police allege.

Nobody was injured and there were no children on the bus. Police charged Kellie Perrier, 45.

Perrier is to appear in court on Jan. 29.

METRO

Yik Yak app draws flak

Local bulletin board. Free smartphone app blamed for series of false alarms for firefighters at schools

JOE LOFARO
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It's billed online as a "local bulletin board" but in Ottawa it's being blamed for a series of false alarms that have sent firefighters scrambling to schools in Orleans.

Yik Yak, a free smartphone app available on Android and iPhone devices, lets users post anonymous messages that are aggregated by location.

Marc Messier, public information officer at Ottawa Fire Services, said a mother contacted him on Twitter Thursday claiming students were using the app to encourage students at her daughter's school to pull the fire alarm.

That afternoon, firefighters responded to four schools in Orleans in the span of about two hours and deemed all of them as "malicious" calls because they were pranks, he said.

The first call came in after 1 p.m. from École Secondaire Catholique Béatrice-Desloges on Provence Avenue. Firefighters were then called to St. Peter High School, Sir Wilfrid Laurier Secondary School and Gisèle-Lalonde High School.

It's a concern to Messier because sending about a dozen firefighters to a fire alarm call ties up resources for legitimate emergencies.

"We're sending trucks down the road in emergency mode. Whenever we do that there's a risk for accidents to happen," said Messier.

A Yik Yak user also posted a message on the app which said a fire alarm would be pulled at Carleton University if the post got 100 "likes." Ottawa Fire Services was made aware of the post on Saturday, but was not called in.

Pulling a fire alarm as a prank can lead to criminal charges, Messier warned.

"We're hoping that's the end of it," he said.

"We're hoping that through education in the schools and through the parents that the students realize what they're doing is not necessarily a wise thing and that they'll stop."

An online petition in the U.S. has collected more than 77,000 signatures calling for the app to be shut down.

Are winter thrills on hills coming to an end?

Some municipalities are talking about banning tobogganing after an insurance company said it may be a liability issue. Brian Salisburry, with his son Noah at the Dominion Arboretum Sunday, said, "It would be a terrible shame to ban tobogganing. I have so many good memories as a kid. It would be a shame if my kids couldn't have that experience."

PHOTOS BY SEAN MCKIBBON/METRO

Other views

"It's a kids' sport. It makes winter fun. There shouldn't be a ban. I think people would do it anyway."
Karen Gordon

"I think kids should get as much fun out of winter as possible. How many slopes are there in Ontario? Let's put them all to use. As long as people know it's at their own risk."
Bryn Askew

"I think it's an outlet for the kids. Let them toboggan."
Valerie Askew

Gee-Gees men's hockey is iced again

The University of Ottawa has decided to suspend its men's hockey team program for another year.

In a news release on Friday, the school announced it would not be participating in the 2015-2016 hockey season.

The program was already suspended this school year over allegations of sexual assault among the players.

The school stated it would take the upcoming year to "implement measures that will be key to re-launching its men's hockey program."

The university is still waiting on a report from the Task Force on Respect and Equality, which was struck following the allegations.

The school is also still looking for a new coach and needs more time to recruit and train student athletes, the release said.

"Gee-Gees varsity team standards and expectations are high," the release reads. "The University does not wish to field a less-than-competitive team whose performance would not meet the expectations of the university community."

Two Gee-Gees players have been charged with sexual assault following a team trip to Thunder Bay last February. A woman was allegedly assaulted by the players in a hotel.

Most of the team has also launched a class-action lawsuit against the school, claiming their reputations have been tarnished in the ordeal.

Ottawa lawyer Lawrence Greenspon, who's representing those players, said he was "surprised and deeply disappointed" by the university's announcement. "The so-called rationale for it is nonsense," he said.

LUCY SCHOLEY/METRO

Ottawa 67's pull together for injured Junior A player

Doing it for Doef.
17-year-old Smiths Falls Bears player Neil Doef has regained some sensation in one leg after December injury

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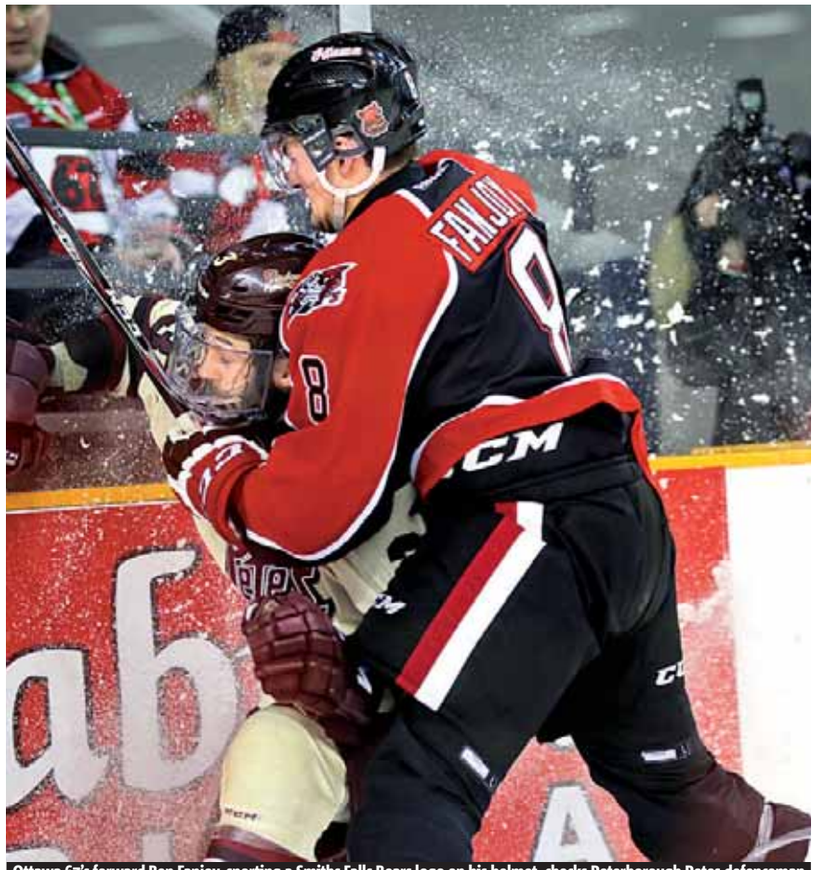

Ottawa 67's forward Ben Fanjoy, sporting a Smiths Falls Bears logo on his helmet, checks Peterborough Petes defenceman Cameron Lizotte into the boards during Sunday afternoon's OHL game at TD Place in Ottawa. The 67's hosted a fundraiser Sunday for Neil Doef, the 17-year-old Smiths Falls player who was critically injured in a hockey mishap in December.
MIKE CARROCCETTO/FOR METRO

On Sunday afternoon, the Ottawa 67's did it for Doef. Neil Doef — the 17-year-old Smiths Falls Bears Junior A hockey player who was critically injured during a hockey game in mid-December.

"It's an emotional day, but it's very gratifying that people all across North America are pulling together for (Neil)," said Ernie Beaupre, Doef's maternal grandfather, who dropped the ceremonial first puck. "(Neil's) got a positive attitude. He's still got that smile of his."

Doef, says Beaupre, has received supportive phone calls and inspiring text messages from his favourite NHLer, Chicago Blackhawks' captain Jonathan Toews, as well as Montreal Canadiens star P.K. Subban.

The most recent news is that Doef, who suffered a severed vertebrae, has regained some sensation and movement in one leg, and in several toes. It's a very good sign, not only for the kid from Smiths Falls, but the entire community at large, who want nothing but the best for Doef and his family. Claude Julien, head coach of the Boston Bruins, and Tampa Bay Lightning GM Steve Yzerman have also phoned Doef, who is currently undergoing intensive rehab at an Ottawa hospital.

His Smiths Falls teammates, many who were in attendance at the game Sunday, also paid him a visit last week. Bears captain Taylor Henry, a 20-year-old native of Brockville, Ont., says the first couple of games after the incident "were tough not having him there, because he's a great player and good guy in the (locker) room," said Henry.

Despite not being in the Smiths Falls lineup since Dec. 5, Doef still stands atop the Bears' scoring race, and is in the top 15 in the Central Canada Hockey League, the 12-team circuit the Bears play in.

Proceeds from a 50/50 draw were all donated to Doef's family, and Bears players walked through the concourse and seating area at TD Place collecting donations from the 3,534 fans in attendance. After the game, the 67's jerseys from Sunday's game were all put up for auction via a link on Ottawa67's.com, with all the proceeds going towards #DoefStrong.

The 67's earned their third victory of the weekend in the Sunday game with a 5-1 win over the Peterborough Petes. The score included two goals from assistant 67's captain — and first star of the game — Sam Studnicka.

"I was just told it's been 3-1/2 years since the 67's got six points on a weekend," said head coach Jeff Brown.

On a more serious note, Brown added: "The hockey world is a small world, and we have to take care of one another."

On Friday, the 67's host the Belleville Bulls. The puck drops at 7:30 p.m.

Quoted

"The hockey world is a small world, and we have to take care of one another."
Ottawa 67's head coach Jeff Brown

The 67's so far

The story of the season

After two losing seasons, where they missed the playoffs in consecutive years for the first time in their history, the 67's stand second in their division, and fourth in the Eastern conference with a 23-18-1-1 record.

Captain Travis Konecny, centre Dante Salituro, goalie Liam Herbst and winger Jeremiah Addison are all on the Central Scouting Service's 2015 NHL Draft watch list.

In late June, the team hired former NHLer and Nepean Minor Hockey Association alumus Jeff Brown as their new head coach. Weeks earlier, coach Chris Byrne had resigned to become a scout for the L.A. Kings.

Ottawa started the season with four straight road games, losing them all.

They returned to TD Place after playing the past two seasons at Scotiabank Place — now Canadian Tire Centre. The 67's first home game on Oct. 10 was also their first victory of the season: a 4-3 win against Niagara. The team earned points in their first 10 home games, winning nine of them. The other was an overtime loss to the Sault Ste. Marie Greyhounds.

At the trade deadline, the 67's brought in Curtis Meighan of Orleans and 17-year-old Adam Craievich, dispatching fan favourite Erik Bradford for a couple of high draft picks in 2017 and 2018.

The 67's have one of the best home records in the OHL with only four regulation losses in 19 games at TD Place.

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Ottawa-based firm launches a 'Fauxn' that isn't a phone

Tackling smartphone addiction. Company promises 'crystal clear conversations' and 'the world in full HD'

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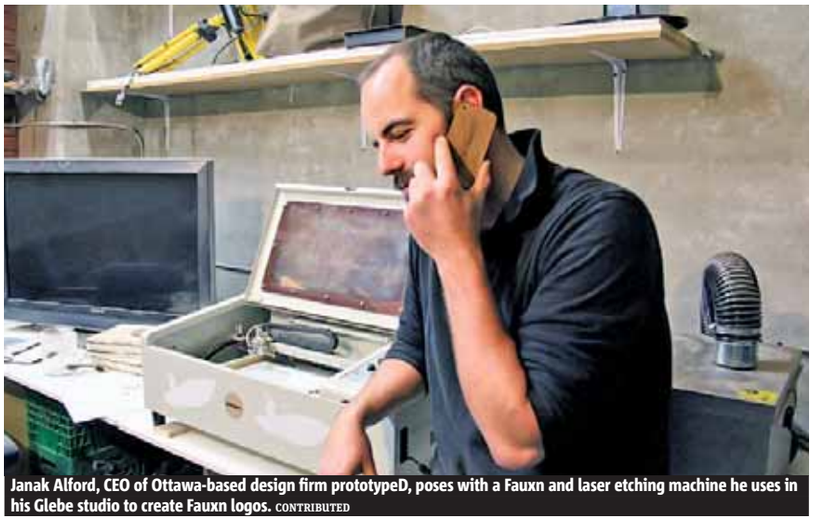

Janak Alford, CEO of Ottawa-based design firm prototypeD, poses with a Fauxn and laser etching machine he uses in his Glebe studio to create Fauxn logos. CONTRIBUTED

A local design firm has created a cellphone with the cheapest data plan in the world — and it's a phone made out of burnt maple wood.

The made-in-Ottawa device can't send text messages. Oh, and it can't receive calls, either. In fact, it's made purely out of locally sourced wood and is definitely not capable of taking a selfie.

The Fauxn (pronounced "phone") is the brainchild of Janak Alford, CEO of prototypeD, a collaborative design studio based in the Glebe, which was also hired by the city to design the concept for the new Innovation Hub at Bayview Yards.

On Saturday, he started an online Indiegogo campaign to raise $5,000 for the Fauxn project, which aims to bring awareness about dangers of addiction to technology, distracted driving and the catastrophic effects of the emerald ash borer beetle.

Alford starred in a satirical, promotional video about the product, poking fun at both Apple and the all-too-familiar behaviours of the average, modern-day smartphone user. The Fauxn, as the video explains, is your "phone away from your phone."

"Walking with the Fauxn helps you appreciate nature, it helps you appreciate the people around you," Alford says in the video.

Although the video is tongue-in-cheek humour, Alford told Metro in an interview the product can help start a discussion about alternative behaviours among the always-connected masses.

"We're so inundated that sometimes it takes something like this to make people pause and think, 'Do I really need my phone? Do I really need to take this with me wherever I go?'"

Money raised from the hybrid campaign will be split in two ways, with 75 per cent of the funds being directed toward planting new ash trees on a piece of land prototypeD recently acquired in Smiths Falls. Alford said he ordered 4,000 trees from Ferguson Forest Centre, based in Kemptville, Ont.

The remaining 25 per cent will go to programs that raise awareness about distracted driving.

Just over $100 had been raised at press time Sunday evening.

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Two locals finalists in Masterchef Canada

Ottawa's Anh Nguyen, left, and Ted Meisner compete as finalists in Season 2 of Masterchef Canada, premiering Sunday, Feb. 8 at 7 p.m. on CTV. CONTRIBUTED

Two amateur cooks from Ottawa are among dozens of finalists in the second season of a Canadian competitive cooking show.

University of Ottawa business student Anh Nguyen and security investigator Ted Meisner face off in the next season of CTV's Masterchef Canada.

Home cooks create their best dishes in an effort to impress three professional chefs. The top prize is $100,000.

Meisner, whose audition dish was potato rösti with pan-roasted chicken supreme, described the experience as humbling.

"When you come from a group of friends and family who basically say, 'Oh you're the best cook, you're great' … but then you find yourself in a competition with people that are just as good as you, if not better, it's humbling," he said.

"But at the same time, it's very rewarding, because you get to see what people are capable of and how they do things."

It was in between his former job as a police officer and current career as a security investigator with the federal government that he tried cooking and discovered a passion.

Now his six-year-old son watches him in the kitchen and says he would rather stay home with dad than go to school. Meisner's dream is to open a local brew pub and work with his two sons (the other is two years old, but may be a chef in the making).

Nguyen, 23, was once that wide-eyed kid looking over his mom's shoulder in the kitchen. He specializes in Asian and French cuisine (his audition dish was banh tom, or spicy sweet potato shrimp nests), and he's now responsible for the cooking at special family functions.

He's finishing his business degree and working in human resources, but is now considering a career change.

"I love working with people, but I honestly think that I love cooking for people more," he said. If he wins the $100,000 prize, he will put it toward a food-related small business venture, like a food truck or little restaurant.

Masterchef Canada Season 2 will air on Feb. 8 at 7 p.m. on CTV.

LUCY SCHOLEY/METRO

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Language. Quebec rejects calls to do more for Anglos

The Quebec government has rejected a renewed call by Canada's official languages commissioner that it create an office of anglophone affairs to better serve the province's linguistic minority.

Graham Fraser told The Canadian Press he met with the three Liberal anglophone members of the legislature and said there was "no indication" the governing party would create a body dedicated to Quebec's 600,000 anglophones.

The government's reaction is not a surprise to community groups in Quebec who often complain the Liberal government's rhetoric about the province's anglophones doesn't match its actions.

The Liberals publicly acknowledge the importance of the English speakers — as opposed to their predecessors who were, at times, openly hostile to Quebec's largest linguistic minority.

Official Languages commissioner Graham Fraser THE CANADIAN PRESS

But members of Quebec's anglophone minority say local control over institutions at the heart of their community is slowly eroding, as is their influence over public policy — regardless of the government in power. THE CANADIAN PRESS

Palestinians hurl eggs, shoes at Baird's convoy

Ramallah. Foreign Minister John Baird greeted by dozens of protesters during visit to Palestine

Dozens of Palestinian protesters hurled eggs and shoes at the convoy of the visiting Canadian foreign minister Sunday in a show of defiance toward Canada's perceived pro-Israel stance.

John Baird was visiting Ramallah to meet Palestinian Foreign Minister Riad Malki when demonstrators pelted his convoy.

Baird shrugged off the incident. "I was in Mike Harris' cabinet for four years. I got a lot worse," Baird told reporters afterward, referring to Harris's Progressive Conservative government in Ontario that was often targeted for its cost cutting.

The Palestinian protesters also held signs reading: "Baird, you are not welcome in Palestine" and "Baird, Jerusalem is our capital." Media reports say Baird was not hit.

"We take a strong position supporting the only liberal and democratic state in the region," Baird said. "We take the view that (in) a peace process, progress is best made at the negotiating table and not through unilateral actions on the other side. We're proud of that position, we believe it's the best one and don't apologize for it."

Activists from Palestinian President Mahmoud Abbas' Fatah party earlier had called for a boycott of Baird because of Canada's Middle East policies.

"This person backs up the Zionist movement," protester Abdullah Abu-Rahmeh said. "This person diminishes the rights of our people, takes part and backs up building of settlements. We tell him that he's not welcome." THE ASSOCIATED PRESS

Canada's pro-Israel stance

Canada has been one of only a few Western countries to stand by Israel as it has come under fierce international criticism over deadlocked negotiations with the Palestinians, the recent Gaza war and its settlement building.

- Canada also opposes the Palestinians' unilateral attempts to reach statehood as well as its recent bid to pursue war crime charges against Israel at the International Criminal Court.

St. Albert, Alberta

Wounded Alberta Mountie still unconscious: RCMP

One of two RCMP officers shot Saturday in St. Albert, Alberta is unconscious and not expected to survive, as the force tries to understand how the man they believe shot him was walking the streets.

In a Sunday news conference, the RCMP confirmed that Const. David Matthew Wynn had been shot in the head during the altercation and remained in grave condition. Police said that Shawn Maxwell Rehn, 34, their primary suspect in the shooting, was well-known to police. Rehn was found dead Saturday in an unoccupied rural home not far from where the shooting took place.

During a Saturday news conference Asst. Commissioner Marlin Degrand would not confirm if Rehn took his own life, but said while police had contained the area, they had not engaged the suspect or communicated with him.

The two officers both sustained serious injuries in the altercation, which took place around 3 a.m. at the Apex Casino in the community.

Auxiliary RCMP Const. Derek Walter Bond was released from hospital late Saturday evening, RCMP stressed that he has a long recovery ahead.

Wynn, 42, has been with the RCMP since 2009 and Bond, 49 has been working as an auxiliary constable since 2008.

RYAN TUMILTY/METRO IN EDMONTON

A tearful welcome for HMCS Toronto

Lt.-Comm. Sheldon Gillis, left, embraces his daughter Ella, age 8, after disembarking from the HMCS Toronto in Halifax on Sunday morning following a seven-month deployment. The warship was taking part in a NATO exercise in the Mediterranean Sea responding to Russia's military aggression in Ukraine.

JEFF HARPER/METRO IN HALIFAX

An estimated 20,000 people have died from kidney disease in Sri Lanka over the past 20 years. Doctors can't identify the cause. THE ASSOCIATED PRESS FILE

Mysterious disease kills thousands in Sri Lanka

World health. Doctors and researchers are still baffled more than two decades after people started dying in farming communities

V.G. Karunawathie isn't hungry for breakfast. She rarely is these days, but she forces herself to choke down a few bites of rice, dried fish and a simple coconut mix.

The doctors say it's better to have something in her stomach before the four-hour dialysis treatments. She's going for her second session of the week. Her fingers and toes are fat with fluid, and her spongy arms feel like water balloons.

Karunawathie is only 40, but she is dying, and no one knows why. Her kidneys have stopped working, and now she's kept alive by a pump that filters waste from her blood.

The cause of her disease, which affects up to 400,000 people in Sri Lanka's rice basket, has baffled doctors and researchers for two decades. Even the World Health Organization hasn't been able to pinpoint what's killing as many as 10 people a month in Karunawathie's village.

The disease mirrors equally confounding conditions plaguing thousands of farmworkers in parts of India, Egypt and Central America. Suspected causes include chronic dehydration and the heavy use, and misuse, of agrochemicals — among the heaviest in the world.

No single cause has been identified, but theories abound. Many believe a combination of factors could be at play — from toxic algae and hard ground water to heavy metal exposure and fluoride in drinking water.

Karunawathie understands more about this chronic kidney disease than anyone should. It killed her father, mother and five brothers. Three other siblings have been sickened.

As the youngest of a dozen children, she was diagnosed 12 years ago in her farming village. She's been told to stop eating fish and lotus root and to swap her aluminum pots and pans for clay utensils.

She's heard arsenic is to blame, along with cadmium, lead and even home-brewed alcohol. Like most, she believes there's something in the water. But she has long given up trying to determine the source. Instead, she lives day to day at the mercy of a machine.

More than a half-century ago, after Sri Lanka gained independence from Britain, farmers were encouraged to move to the hot, dusty North Central province with offers of free land. They swapped ancient farming practices for modern techniques and adopted chemicals that promised the dream of self-sufficiency.

Rice paddies and vegetable fields soon dotted the vast, flat land irrigated by large reservoirs. Today, Sri Lanka produces enough rice to feed its 20 million people.

Karunawathie's father was among those who claimed a piece of this harsh ground. He earned good money farming tobacco when she was a child, and the whole family helped harvest and handle the pesticide-coated leaves, often stacked in a bedroom to dry.

Then in 1987, her father died after his kidneys suddenly gave out. He was one of the first in the village to succumb.

THE ASSOCIATED PRESS

Teen runaways on crime spree found in Florida

Two teenage sweethearts suspected in a crime spree of stolen vehicles and pilfered checks across the U.S. South have been taken into custody in Florida, Kentucky authorities said Sunday.

Grayson County Sheriff officials said 18-year-old Dalton Hayes and his 13-year-old girlfriend, Cheyenne Phillips, were arrested without incident about 12:10 a.m. Sunday in Panama City Beach.

The two had eluded police in multiple states while raising concern about their increasingly bold behaviour.

Hayes and Phillips began their run earlier this month when they vanished from their small hometown in western Kentucky. Authorities believe their travels took them to South Carolina and Georgia.

Hayes was running away from trouble back home, where he faces burglary and theft charges.

Norman Chaffins, sheriff in Grayson County, said the couple's behaviour had become "increasingly brazen and dangerous."

Twice, the teens were able to evade police in Kentucky. They crashed the first truck they stole and hid in the woods. They stole another truck nearby, Chaffins said.

At one point, the two were spotted at a Walmart in South Carolina, where they are thought to have passed two stolen cheques, said Manning, South Carolina, Police Chief Blair Shaffer.

THE ASSOCIATED PRESS

Looked older

Dalton Hayes' mother, Tammy Martin, says the couple has been dating for about three months, and that the girl said she was 19. By the time her son realized she was just 13, "he was already done in love with her."

Sweetheart teen fugitives were arrested in Florida Sunday. THE ASSOCIATED PRESS

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Fighting. Ukraine leader vows to reassert control

Ukraine's president vowed Sunday to reassert government control over eastern regions as the army unleashed a counter-offensive against Russian-backed separatist fighters vying for command over the airport in the city of Donetsk.

The separatist stronghold was shaken by intense outgoing and incoming artillery fire over the weekend as a bitter battle rages for the air terminal and surrounding areas.

Streets in Donetsk, which was home to a million people before unrest erupted in spring, were completely deserted Sunday and the windows of apartments in the centre were rattled by incessant rocket and mortar fire.

The warring sides exchanged rocket fire along several points in the roughly 350-kilometre front line.

Regional authorities loyal to the government said two children, aged 7 and 16, were killed when a rebel shell hit their home in Vuhlehirsk, a town 75 kilometres northeast of Donetsk.

A little further west, in the rebel-controlled city of Horlivka, two were killed and another 16 injured as a result of rocket attacks, city council secretary Oleg Gurbanov said in a statement. THE ASSOCIATED PRESS

Ukrainian President Petro Poroshenko. THE ASSOCIATED PRESS

France. Police release 3 suspects, question 9

French police have released three female suspects from questioning, but will keep nine other people in custody as part of an anti-terror investigation connected to last week's attacks in Paris that have put Europe on high alert, officials said Sunday.

Amid the heightened European vigilance, a far-right rally in Germany planned for Monday was cancelled over a terrorism threat, Italy said it had expelled nine suspected jihadis since late December and Britain's home secretary called for new action to fight anti-Semitism in the wake of the Paris attacks.

Authorities in Belgium, meanwhile, asked Greek counterparts to extradite a man detained in Greece a day earlier in connection with a probe of a suspected plot to kill police in Belgium. On Thursday, Belgian police led a vast anti-terrorism sweep in and around Brussels and in eastern Verviers, which left two suspects dead. Authorities cited an imminent threat.

Police in at least four European countries arrested dozens of suspects in recent days in an anti-terrorism crackdown sparked by last week's bloody rampage in and around Paris. Brothers Said and Cherif Kouachi and their friend, Amedy Coulibaly, killed 17 people at the satirical newspaper Charlie Hebdo, a kosher grocery and elsewhere. THE ASSOCIATED PRESS

Ireland

Irish Cabinet member tells nation he's gay

A senior Cabinet minister in Ireland says he's gay, becoming the first openly homosexual government figure in the history of the traditionally conservative Catholic country.

Sunday's announcement on state radio by Health Minister Leo Varadkar received widespread praise for its straightforward honesty. Analysts said his decision was likely to be viewed in hindsight as a landmark of social change in a country that, until 1993, outlawed homosexual acts.

Varadkar said he decided to declare his sexuality in advance of government moves this year to advance gay rights. These include plans to legalize gay marriage, permit homosexual men to donate blood, and create greater parenthood rights for gays in surrogate-pregnancy cases. He said May's constitutional referendum on gay marriage, in particular, got him thinking about going public. THE ASSOCIATED PRESS

In this aerial photo provided by the Philippine Air Force, a massive crowd of Filipino faithful fill up the Rizal Park during a Mass celebrated by Pope Francis Sunday in Manila, Philippines. PHILIPPINE AIR FORCE/THE ASSOCIATED PRESS

Pope draws 6 million to massive Mass in Manila

Record figure. Francis dedicated the final part of his week-long Asia trip to children

A crowd estimated at a record six million people by officials poured into Manila's rain-soaked streets and its biggest park Sunday as Pope Francis ended his Asian pilgrimage with an appeal for Filipinos to protect their young from sin and vice so they can instead become missionaries of the faith.

The crowd estimate, which could not be independently verified, included people who attended the pope's final Mass in Rizal Park and surrounding areas, and lined his motorcade route, said the chairman of the Metropolitan Manila Development Authority, Francis Tolentino.

The Vatican spokesman, the Rev. Federico Lombardi, said the Vatican had received the figure officially from local authorities and that it was a record, surpassing the five million who turned out for St. John Paul II's final Mass in the same park in 1995.

Francis dedicated the final homily of his week-long Asia trip, which began in Sri Lanka, to children, given that the Mass fell on an important feast day honouring the infant Jesus. His focus was a reflection of the importance that the Vatican places on Asia as the future of the church since it's one of the few places where Catholic numbers are growing — and on the Philippines as the largest Catholic nation in the region.

"We need to see each child as a gift to be welcomed, cherished and protected," Francis said in his homily. "And we need to care for our young people, not allowing them to be robbed of hope and condemned to a life on the streets."

Francis made a triumphant entry into Rizal Park, riding on a popemobile based on the design of a jeepney, the modified U.S. Army World War II jeep that is a common means of public transport in Manila. He wore the same cheap, plastic yellow rain poncho handed out to the masses during his visit to the typhoon-hit eastern city of Tacloban a day earlier.

The crowd — a sea of humanity in colorful rain ponchos spread out across the 60 hectares of parkland and boulevards surrounding it — erupted in shrieks of joy when he drove by, a reflection of the incredible resonance Francis' message about caring for society's most marginal has had in a country where about a quarter of its 100 million people lives in poverty.

"It was a blessing that we saw him. Even if we were soaked by the rain, we feel fine," said Emmie Toreras, 38, who was wearing a garbage bag to guard against the rain. She said she had slept in the park since Friday to score a view of the pope.

"He loves the poor and people like us," said Toreras, whose husband, a rags vendor, stayed home to work. THE ASSOCIATED PRESS

World's largest events

Philippine officials estimated that six million people either attended the Mass that Pope Francis celebrated Sunday in Manila's Rizal Park or watched his motorcade en route. That would be a record for any pope, but not for any event. A look at some of the biggest gatherings of humanity:

- **INDIA:** Once every 12 years in northern India, tens of millions of Hindus gather in the city of Allahabad for what is thought to be the largest religious meeting in the world— the Maha Kumbh Mela, or Big Pitcher Festival.
- **RIO'S COPACABANA BEACH:** Vatican and Brazilian officials said 3.7 million people gathered on July 28, 2013, to see Pope Francis celebrate World Youth Day on the iconic Copacabana beach. But number crunchers disputed the figure, saying the real number was not even half that.
- **MECCA:** Islam's annual hajj brings between three million and five million pilgrims from around the world to Mecca, the faith's holiest sites, to perform nearly a week of rites.
- **ASHOURA:** Up to 3 million Shiite pilgrims every year make their way on foot to a shrine in Karbala, about 90 kilometres south of Baghdad, Iraq to commemorate the 7th century battle in which Prophet Muhammad's grandson, Imam Hussein, died.
- **PARIS RALLY:** Between 1.2 million and 1.6 million people streamed through the streets of Paris on Jan. 11 to mourn the victims of the deadly attacks on the satirical newspaper Charlie Hebdo.

VOICES

CAPITAL PRIDE: CHAOS, CONFUSION & HOPE

Efforts to revive Pride in time for the festival's thirtieth anniversary are underway, and if the effort is a coup, it's certainly a well-consulted one

COLLINS' CAPITAL
Steve Collins

When I contacted Tammy Dopson about her group's plans to revive the troubled Capital Pride festival in time for its 30th anniversary this summer, I did it from my private email account rather than a Metro one, and the first thing she did was ask for some reassurance that I really was who I said I was.

It had just been that kind of week.

"I've had a few odd calls," she explained. "I guess that's what happens when you put yourself out in public." Since last week's joint news conference with the Bank Street BIA, which is proposing to lend some financial rigour to the festival's administration, people have had a lot of questions for the Ottawa realtor.

She's had to explain repeatedly that her community group is distinct from the former Pride board, which has begun bankruptcy proceedings to deal with more than $100,000 in debt from last year's festival. And it's the interim board from the old Pride organization, not Dopson's crew, which has convened a public meeting on the future of the festival at City Hall Tuesday at 6 p.m, although representatives from her group will be participating. Still with us?

"The meeting next week is not our doing. It's a community consultation by the former (organization), and I think people are getting confused at this, and I can appreciate it," she said.

The whole point of bringing the BIA aboard is to help dispel some of the confusion under which Pride collapsed last year, with more stringent controls over expenditures and financial reporting.

"They're there to give us the financial backbone," Dopson said. "The main weakness in 2014 was the financial oversight and we've addressed that by partnering with the BIA."

Dopson says the members of her group consulted widely in the LGBTQ community and started lining up potential sponsors, and they've put together a formal proposal for Somerset Coun. Catherine McKenney, in hopes of getting council's buy-in for their plans. If this is a coup, it certainly looks like an agonizingly consultative one, and Dopson, a sponsor of last year's festival, has nothing but appreciation for everybody who sweated to make it happen.

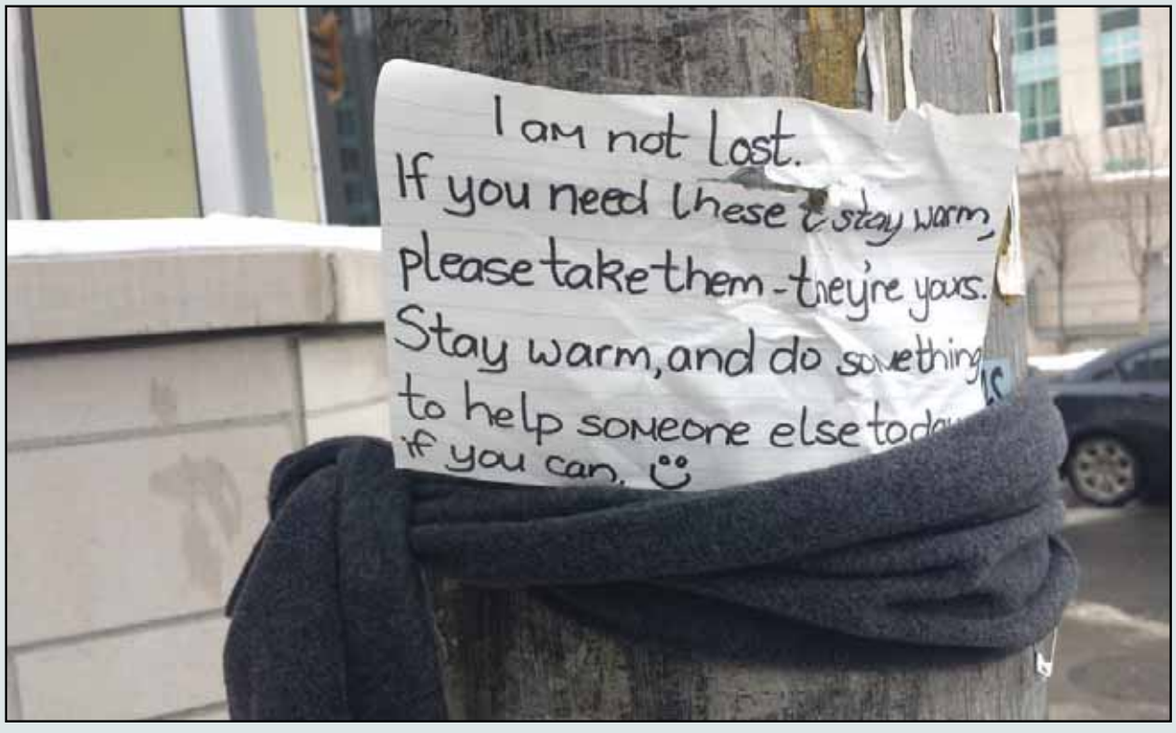
"Definitely after the events of last year it was disheartening for anybody who's a member of the LGBTQ community," Dopson told me. "I have the utmost respect for the previous organizations that have managed to keep the Pride festival alive, but they were volunteer groups. These people put in tremendous amounts of time and the festival simply outgrew itself, this incredible momentum that the past organizations had created."

An occasional victim of its own success, the festival also ran into financial trouble in the early 2000s when it expanded too rapidly for its budget, and it's not the only celebration to weather tough times. Bluesfest struggled in its early years before corporate sponsorships became so widely available. The Ottawa Tulip Festival foundered in '06, and righted itself with a reorganization.

In Capital Pride's case, it's not just a good party at stake, but also an assertion and celebration of fundamental human rights, but Dopson seems confident that it will go on, too:

"Emotionally, to see it cease to be was heartbreaking, but at the same time in the midst of all that chaos, we've created something new that's much more sustainable and I have great hope."

Your Ottawa


I am not lost.
If you need these & stay warm,
please take them - they're yours.
Stay warm, and do something
to help someone else tod
if you can.

Stick your neck out

Photo submitted by reader Shlomo Coodin

Reader Shlomo Coodin, who describes himself as a homeless youth living at the Youth Services Bureau's residence for young men, says he found this scarf and note at the corner of Besserer and Murray streets near the Ottawa Mission. While Coodin said he didn't take the scarf, because he didn't need it, he said in an email to Metro, "It's heartwarming to know that there are those out there who care." CONTRIBUTED

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Upcoming

Back to the boards for Ottawa

On Monday the City of Ottawa emerges from mid-winter hibernation with meetings of the planning committee, the board of health and the police services board. The health services board will choose an interim chairman or chairwoman. METRO

Snow Festival kicks off

The University of Ottawa's week-long Snow Festival starts Monday with an Ice Sculpture contest from 11 a.m. to 2 p.m. at the school's FSS Terrace. Other fun events at the festival include horse-drawn sleigh rides, maple taffy pulls and later in the week, on Wednesday, a concert by The Roadrunners. METRO

Public welcome to National Capital Commission meeting

The National Capital Commission is having a meeting of its board of directors Tuesday. The meeting at 40 Elgin St., room 324, is open to the public. METRO

metro

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Dating site's legal battle with ex-employee ends

Concluded affair. Ashley Madison, former profile writer agree to have their case dismissed

The homepage of the Ashley Madison dating website is displayed on a laptop in Hong Kong in 2013. A legal battle between the Toronto-based website and a former employee has been dismissed by the courts. GETTY IMAGES FILE

The legal battle between a Canadian dating site for married people seeking affairs and a former employee who claimed she was injured typing up fake profiles has come to an end.

A lawsuit and countersuit between the Toronto-based Ashley Madison website and Doriana Silva have been dismissed without costs by the Ontario Superior Court.

The parties agreed to the move after the court threatened to dismiss the suits with costs, noting the cases still hadn't been placed on a trial list more than two years after the initial lawsuit was filed.

Avi Weisman, vice-president and general counsel for parent company Avid Life Media, said the company is "very pleased with the outcome."

The dispute began when Silva — who came to Toronto from Brazil — sued her former employer in 2012, alleging she seriously hurt her wrists and forearms typing up 1,000 "fake female profiles" over a few weeks for a new Portuguese-language version of the site.

She sought $20 million for what she called the company's "unjust enrichment." In her claim, Silva said the profiles were meant to lure unsuspecting men to join the site.

Ashley Madison denied the allegations and slapped her with a countersuit, claiming she kept confidential documents, including "work product and training materials."

The countersuit sought to retrieve the documents and obtain $100,000 in damages plus legal costs. The company also argued that the nature of what Silva typed was irrelevant and simply thrown in to tarnish the company's reputation.

Silva claimed she was led to believe writing the profiles was common in the online dating industry and would have otherwise refused. She also claimed she made her superiors aware of her injuries, which she said were ignored.

In the company's statement of defence, Ashley Madison said Silva mentioned her injuries only after the end of her probation period, at which point she was able to take time off.

The company alleged Silva continually delayed her return, claiming she had since led an active online presence, which it said would not be possible were she seriously injured.

THE CANADIAN PRESS

Pressure is building for established retailers such Canadian Tire to beef up their web presence to compete with U.S. companies. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Online retail. U.S. stores a step ahead of Canadian companies: Analysts

Aggressive moves by U.S. retailers to win over Canadian online shoppers with perks such as price-matching and free shipping might be just what Canadian stores need to sharpen their e-commerce offerings.

"I think (Canadian) retailers have been complacent — until now, (But) things are changing with the influx of U.S. competition," says retail analyst Doug Stephens.

Stephens said pressure is building for established retailers such as Hudson's Bay Co. and Canadian Tire to beef up their online presence. The experience companies like Amazon and Walmart have in e-commerce, as well as the speed online-shopping technology is evolving puts Canadian retailers at a disadvantage.

Retailers have also been held back by legacy computer systems, said Sally Seston, of Retail Category Consultants.

"It's a huge expense to make that leap into the technology, to be in the position of where you need to be to add these services," she said.

She suggests the goal for Canadian retailers may not be to mirror the U.S., but rather, countries in Europe or even Australia that have similar distribution challenges, including in-store delivery or pickup at lockers available after hours.

Canadian Tire seems to be taking this route. Customers can pick up items in-store, but the company said e-commerce won't be a meaningful part of its business until 2017.

Hudson's Bay executive chairman Richard Baker emphasized the importance of digital sales. The company's hope is to have digital sales account for 20 per cent of overall sales within the next five years. THE CANADIAN PRESS

Quoted

"I think (Canadian) retailers have been complacent."

Doug Stephens, retail analyst

Fishing industry

Fisheries fear bycatching trend

Fishermen in the Bering Sea off Alaska's coast are tossing back millions of kilograms of mistakingly caught dead halibut. Known as bycatching, it has become the focus of intense scrutiny in Alaska and will be debated when the International Pacific Halibut Commission meets at the end of the month. The issue rose to prominence in Alaska last month amid fears there wouldn't be enough for other fisheries. THE CANADIAN PRESS

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Mariah Carey ALL PHOTOS GETTY IMAGES EXCEPT WHERE NOTED

Nick is Wild 'N Out as he files for divorce from Mariah

Nick Cannon quietly filed for divorce from Mariah Carey last month.

It looks like any hopes of reconciliation between Mariah Carey and Nick Cannon have been dashed, as TMZ reports that Cannon has "quietly" filed for divorce last month.

The move comes just 10 days after Carey was late to a Christmas tree-lighting ceremony, forcing her to sing live and unprepared.

Sources say her tardiness was caused by phone calls with her lawyers hashing out the terms of the divorce, as Carey is keen to keep Cannon out of her upcoming big-ticket residency series in Las Vegas.

Hey, remember last April when divorce rumours first started to swirl and Cannon vehemently denied them?

Oh well.

Fox in talks to re-open the X-Files

It turns out that Fox had such a good time bringing 24 back for a limited series last year that they're now eager to dip into other long-since-ended favourites for similar treatment. Up first? The X-Files, Fox chairman Gary Newman confirmed to the Television Critics Association over the weekend. And that's not all. Apparently the network is already talking to stars David Duchovny and Gillian Anderson to find a schedule that works for them to return. Because, as we learned with the last two seasons of the original show, it just doesn't work without Mulder and Scully.

Fox is in talks with David Duchovny and Gillian Anderson to bring back The X-Files for a limited series. CONTRIBUTED

Curvy model gives the skinny on the weight of women in Hollywood

Plus-size model Ashley Graham has a bone to pick with Hollywood about how definitions of size have changed.

"You girls don't have much to look at. Curvy women are not on the covers of magazines, they're not talked about on social media as much as other celebrities," Graham writes in an essay for Net-A-Porter's The Edit. "Jennifer Lawrence is the media's poster girl for curves — she's tiny!"

Wait, who are these people calling Jennifer Lawrence a big girl, and how do I shut them up? Because come on.

Ashley Graham

Stephen Fry, left, and Elliott Spencer have wed. TWITTER/STEPHENFRY

Stephen Fry, Elliott Spencer have gone to the chapel

Well, that was fast. When British author and comic icon Stephen Fry announced his intentions to wed stand-up comic Elliott Spencer, I didn't realize he meant, "10 days from now."

But tie the knot is exactly what Fry and Spencer did over the weekend.

And while it was a very small, private affair, Fry was nice enough to keep everyone updated via Twitter.

"Gosh. (Spencer) and I go into a room as two people, sign a book and leave as one. Amazing," Fry posted Saturday afternoon on his feed, along with a photo of he and Spencer signing a wedding register at the registry office in Dereham, Norfolk.

Two vampire empires to join in marriage

A new peace has been brokered between popular vampire franchises, as Twilight actress Nikki Reed has reportedly accepted Vampire Diaries star Ian Somerhalder's marriage proposal after just six months of dating, according to Us Weekly.

"She accepted with glee. She is madly in love," a source says. "They were friends before, the groundwork had been laid before. They had always been attracted to each other, but always in another relationship. It may seem quick, but they knew it was right. They believe in the same things." I'm starting to think this anonymous source is trying a little too hard to convince us this is a good idea.

Twilight's Nikki Reed and Vampire Diaries star Ian Somerhalder

Anderson prefers Stella role to Scully

Netflix. The Fall star talks Jamie Dornan, complex female sleuths and swimming

There's agent Dana Scully of The X-Files and Blanche Dubois in A Streetcar Named Desire. Also Lily Bart in The House of Mirth, with a little Bedelia du Maurier, aka, Hannibal Lecter's shrink, thrown in.

Of all the period costumes and unraveling of twisted psyches that Gillian Anderson has taken on, she likes her Stella Gibson the most. Gibson being the enigmatic detective superintendent sent from London to Northern Ireland on the critically acclaimed serial-killer series The Fall, a.k.a. the thing Jamie Dornan finds himself in the middle of as Fifty Shades of Grey madness begins to take a tighter hold.

Anderson had little to say about Dornan in a recent interview, begging off because the two didn't physically work with each other on The Fall during the first season. They do a little the second time around as Dornan's woman-killer, ex-family man Paul Spector, goes on the run.

Netflix drops the second season of the taut, Belfast-set drama Friday.

"Jamie Dornan wasn't Mr. Fifty Shades of Grey" when the slow-paced, cat-and-mouse show began on Irish television and the BBC, Anderson said. "Jamie Dornan was cast after having done very little, and we cast him before Fifty Shades of Grey, so that's what our starting point was. This was a fresh face of somebody who was clearly a very good actor."

Gillian Anderson GETTY IMAGES

The 46-year-old Anderson, who has won awards for both stage and screen work, owes her early success to Scully, but considers Gibson the most interesting on her resume, with little-to-no backstory provided for the character during the first five-episode season.

"The script for The Fall was very different than anything I've read before, and I felt that Stella was about as complex a character as I ever encountered," she said.

"That appeals to me. Even after the second season, after we do get hints here and there, maybe bits of her past, you're still asking the question who is she and what makes her tick?"

One thing that keeps Gibson going is lap swimming. Anderson hit the pool herself the first season but required a body double for the second.

"I don't generally enjoy it," Anderson said of Gibson's pool obsession. "But the day that we shot all those scenes I thought this is OK, I like this. I could maybe do this on a regular basis, and then between that point and the time that we shot the second season I developed what's called a frozen shoulder."

As for how television's female crime fighters have changed over the years since the X-Files debuted, Anderson doesn't really know. "I don't watch TV myself," she said. "I seriously don't know how people find the time. ... I have a lot on my plate and when I'm (on) airplanes, I'm writing. I'm more likely to choose a film if I do make that time for myself."

In addition to three kids, Anderson has given birth to A Vision of Fire, the first of a science fiction book trilogy co-written with Jeff Rovin. And she's been working "for about 100 years" on a screen adaptation of Elizabeth Rosner's debut novel, The Speed of Light, about a brother and sister dealing with their father's secret past.

She's now also one of the executive producers on The Fall, which saw the exit of director Jakob Verbruggen. Season 2 duties fell to creator Allan Cubitt. Anderson said she can "pretty much" promise a third season. With Dornan?

"We don't know that he's gonna follow us into a third season," she said.

THE ASSOCIATED PRESS

Jamie Dornan

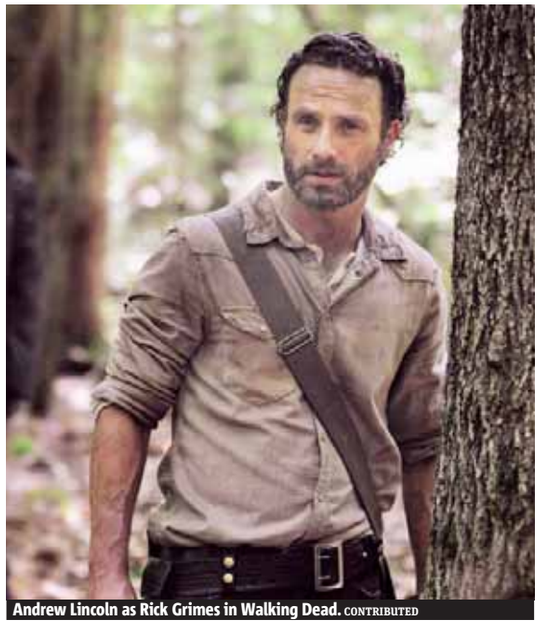
"We cast him before Fifty Shades of Grey.... This was a fresh face of somebody who was clearly a very good actor."

Gillian Anderson, speaking of her costar in The Fall

Cult television

So, Laura Palmer is dead. Pfft. Give her a reboot, too!

Entertainment website HitFix is looking forward to the Twin Peaks reboot and has a list of the 25 characters that should be brought back. Of course, they want Laura Palmer (played by Sheryl Lee) to return — even if she's dead. "Can you imagine Twin Peaks without Laura Palmer? The bruised beauty's murder may have been solved, but she is the crux of David Lynch and Mark Frost's macabre vision. ...it's up to the creators to figure out how to work Sheryl Lee into the follow-up series — and I trust they'll find a way." THE ASSOCIATED PRESS


Andrew Lincoln as Rick Grimes in Walking Dead. CONTRIBUTED

TV buzz. Walking Dead spinoff to be familiar but different — like zombies

With the spinoff for The Walking Dead ready to go into production, show creator Robert Kirkman is revealing a few clues about the new zombie series.

He says it'll be kind of the same and yet "startlingly different."

"I will say that this is going to be a show about family," Kirkman tells Entertainment Weekly.

"But it's going to be a show about a different type of family that we haven't explored in The Walking Dead thus far. So what we're trying to do with the Walking Dead spinoff is keep the story as familiar as possible for people that love The Walking Dead ... but at the same time we'll want to tell these stories in a completely different way with completely different people in a completely different setting that's going to make for a fundamentally different show."

Kirkman brought in a new director that hasn't previously worked with the Walking Dead team to give the spinoff its own identity.

"He hasn't directed The Walking Dead," says Kirkman of Adam Davidson. "So that is one way that we're trying to bring a new directing style to the show — to bring in new visual language to this show."

THE CANADIAN PRESS

DVD review

The Drop

Director. Michael R. Roskam

Stars. Tom Hardy, Noomi Rapace, James Gandolfini

This underworld drama boasts the final major screen performance by James Gandolfini, who died in 2013. He's spot-on as Marv, the owner of the seedy Brooklyn bar where the film's title happens on a regular basis: fat envelopes of gangster loot are slid into a safe beneath the beer taps.

But it's not Gandolfini who defines this slight yet compelling English-language debut by Belgian director Michael R. Roskam. That honour goes to Tom Hardy, a fabulous chameleon who almost vanishes beneath the worried brow of Bob, The Drop's narrator and protagonist. When Bob discovers an abused and injured pit bull, he also finds a mystery woman named Nadia (Noomi Rapace), who at first tries to keep her distance. Enter a dangerous third party: Nadia's unstable ex-beau Eric (Matthias Schoenaerts).

The Drop is steeped in a simmering underworld familiar to fans of late directors Sidney Lumet and Arthur Penn, and stripped of primary colours like their 70s cinema classics.

Tusk

Director. Kevin Smith

Stars. Justin Long

Neither fish nor fowl in its ludicrous tale of an arrogant Yankee podcaster (Justin Long) being turned into a walrus by a deranged Canuck seafarer (Michael Parks), Kevin Smith's Midnight Madness misfire flip-flops between bad comedy and dumb horror. The horror might have worked if Smith kept it to one good reveal of the Frankenwalrus, which actually is pretty creepy. But "excess" is Smith's middle name, so the show goes on . . . and on. PETER HOWELL

Know where your money goes

Spending journal. Get a pen and notebook, and start writing down what you spend — no fancy app required

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

In your spending journal, you'll note when you take cash out of the bank, and what you spend the cash on. ISTOCK

Once you start keeping track of where your money goes using a spending journal, you will be surprised at how often you buy coffee, gum, a mid-afternoon snack. You will be astonished at how often you go into shoe stores, tool stores and restaurants. Your spending journal will make you aware of where your money is going.

If you don't want to change how you're managing your money, you also probably don't care about how not paying attention affects you. Hey, enjoy your life. Just don't whine if down the road things don't turn out as you thought they would. You know the saying: "Insanity is doing the same thing over and over again and expecting different results."

If you're determined to know what you're doing with your money, regardless of how uncomfortable it makes you initially, get yourself a notebook and a pen. That's your spending journal. No fancy app required. No special tools needed. A pen and a notebook is all it takes.

Write your current bank balance at the top of the first page. Every time you spend a cent, deduct it from the balance in your journal. It doesn't matter if you're spending it using cash, a debit card, a credit card, cheques, or a bank transfer. Every penny gets tracked. (If you take cash out of the bank, you'll deduct the withdrawal and leave some space in your journal to note what you spent the cash on. Don't cheat!)

This will help you figure out which expenses are necessary and which are, well, not so much.

When you get money, add it into your spending journal. This could be a paycheque, government cheques or a refund of medical expenses. Every penny that comes in goes into the spending journal. If you make money in cash, you must enter that too. Slipping the cash into your pocket and spending it willy-nilly is cheating.

If you've been unconscious about your money for quite some time, it's likely going to take a bit of time to develop some new habits. Don't get impatient with yourself. Impatience will only distract you from the task at hand. You have, after all, a lot to learn.

You have to:

- distinguish between "needs" and "wants;"
- communicate with your friends and family about your new awakening and the changes you'll be making;
- recognize the impact marketing and advertising has on you, and resolve not to be influenced;
- create a balanced budget and track your expenses on a daily or weekly basis;
- recognize the importance of saving both for emergencies and for the long term;
- do the hard work it will take to come up with a debt repayment plan and then execute that plan;
- learn to not only see today's immediate needs, but plan for things you will need and want in the future;
- lead by example; show your children how to take charge of their money so they don't end up making the same mistakes you did;
- be willing to seek help if you feel overwhelmed or lost along the way.

Change is never easy. Most people hate change. There will be times when you fall off the rails. You'll lose track of a receipt and kick yourself. You'll skip the comparison-shopping because you just don't have time. Or you buy something that's not in your budget because, well, you just do. You're bound to make mistakes. The key is to right your rocky boat quickly to get back on track.

If you're still back at, "But Gail, who has time for this?" listen to me. I do. I track my money and stay conscious about what I'm doing with it. That's why I had enough money to walk away from television when I was asked to compromise my integrity. You can't have money if you aren't prepared to pay attention to it.

You drag your sorry butt out of bed come rain, snow, sickness or exhaustion. You bust said butt to make money so you can have a life. Shouldn't you spend at least two hours a month figuring out where that money is going?

Yup, that's all it'll add up to. Every time you buy anything, ask for a receipt and then add the info to your spending journal that night. It could take four to six weeks for the habit to really take hold. Less if you're flexible. More if you're a stubborn dog.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROAD MAP TO SUCCESS.

Just do it

- People often assume that I'm good with money because I like doing all the tracking I talk about. Are you crazy? Who wants to do that? It's not a matter of like or not like. I'm not so keen on cleaning my toilets and hauling out the garbage either, but I do it. There are days when I don't want to collect receipts or write in my spending journal, when I just can't be bothered. But if I'm not taking care of my money, who will?

Career advice every millennial needs to hear

Work. Take hold of your employment destiny by taking heed of these important tips

MARIANNE HAYES
Metro in New York City

It's estimated Millenials will make up 75 per cent of the workforce by 2025. ISTOCK

Millennials are quickly making up a huge chunk of the workforce. Today many are still in entry-level roles, which makes now the perfect time to start strategizing future career growth.

"You've really got to be the CEO of your own career," says millennial workplace expert Lindsey Pollak.

How exactly do you do that? Pollak, the New York Times bestselling author of Becoming the Boss is here to tell you.

Network, network, network

It may sound obvious, but the importance of networking cannot be overstated. This especially holds true for millennials — many of whom are opting for the freelance life as opposed to traditional 9-to-5s. (According to a 2013 Millennial Branding report, nearly half of all millennials value workplace flexibility over pay.) The truth is that freelancing/consulting/whatever you want to call it is a fast-growing trend among Gen Y-ers.

"I think the economy has changed, particularly since the Great Recession, and it's harder to get a full-time job with benefits," says Pollak. "I also think a lot of millennials aren't as attracted to full-time, paid employment. They're interested in side gigs, freelancing, and entrepreneurship in addition to, or instead of, what we've considered traditional employment."

If you're even partially self-employed, which many millennials are, networking is critical to drumming up business.

Pollak says becoming active in professional associations and alumni groups can open the door for establishing new contacts.

Seek creative leadership roles

Millennials are a confident bunch. According to Pollak, most members of this generation are itching to move up the ladder — sometimes way faster than their companies are willing (or able) to promote them.

One 2014 millennial leadership survey from The Hartford found that 83 per cent of millennials already feel like leaders, whether they're in leadership positions or not.

If you're currently employed within a company, Pollak advises getting as involved as you can.

"It's no longer enough to just put your head down and do the work," she says. "You've also got to go to meetings, sign up for mentoring, join an internal network within your company, and volunteer for projects and internal assignments."

Be sure to look for leadership roles outside of your company as well. This could include working with nonprofits or local community groups.

These are the things that'll beef up your resume and LinkedIn profile. They'll also satisfy your desire to lead.

In case of emergency

Don't blow off the value of insurance

- Freelancing certainly doesn't come with a cushy benefits package. And even if you work for a company, many employers are scaling back on the types of benefits they offer. Pollak advises all millennials to think ahead when it comes to disability and life insurance.
- "Disability insurance will keep a paycheck coming in if you're not able to work because of an off-the-job injury or illness," she says. "And life insurance is something a lot of millennials just don't think about. But if, for example, your parents co-signed your student loans that you're still paying back and something happens to you, your parents would still be responsible for them."

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Meatloaf gets an Italian-inspired upgrade

Dinner. Eggplant Meatloaf brings the well-loved flavours of tomato sauce and Parmesan cheese to the classic dish

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Meatloaf is an all-time family favourite recipe.

If you want to take this ordinary weeknight meal to different heights, try my updated version. I take a version of Eggplant Parmesan, serve it overtop the meatloaf and cover it with cheese. It's moist, delicious and healthy.

Directions

1. Preheat the oven to 400 F. Spray a 9x9 inch (square) pan with vegetable oil.

2. To make the meatloaf, combine the ground beef, egg, barbecue sauce, bread crumbs, green onions, garlic, basil and salt and pepper in a bowl. Pat into square pan and spread half a cup of the tomato sauce over top (saving the 1/4 cup remaining for the eggplant.)

3. Meanwhile, prepare the eggplant. Whisk the egg with the water in a small bowl. Combine the bread crumbs, parsley and Parmesan on a plate, mixing well. Dip the eggplant in the egg mixture, then coat with the bread crumb mixture. Place on a baking sheet sprayed with vegetable oil.

4. Bake both the eggplant and meatloaf for approximately 15 to 20 minutes. The beef should reach 165 F and the eggplant should be browned.

5. Assembly: Place the eggplant slices overtop of the meatloaf. Spread the remaining 1/4 cup tomato sauce over the baked eggplant slices. Sprinkle with the mozzarella cheese. Bake the Eggplant Meatloaf for 5 minutes or until the cheese is melted.

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Nutritional information

Per serving

- **Calories.** 347
- **Carbohydrates.** 30 g
- **Fibre.** 2 g
- **Protein.** 34 g
- **Total fat.** 12 g
- **Saturated fat.** 5.2 g
- **Cholesterol.** 158 mg
- **Sodium.** 870 mg

Ingredients

Meatloaf
- 16 oz (1 lb) extra-lean ground beef
- 1 egg
- 1/3 cup barbecue sauce (or ketchup)
- 1/3 cup seasoned dry bread crumbs
- 1/4 cup finely diced green onions
- 1 1/2 tsp crushed garlic
- 1/2 tsp dried basil leaves
- pinch of salt and pepper
- 3/4 cup tomato sauce

Eggplant
- 1 egg
- 2 tbsp water or 2% milk
- 3/4 cup seasoned dry bread crumbs
- 3 tbsp chopped fresh parsley
- 3 tbsp grated Parmesan cheese (3/4 oz)
- 6 crosswise slices of eggplant, skin on, approximately 1/2-inch thick
- 2 tsp vegetable oil
- 1/2 cup shredded part-skim mozzarella cheese (1 1/2 oz)

This recipe serves four. ROSE REISMAN

A splash of colour and a lot of crunch

This Napa Cabbage Salad with Sesame-Miso Dressing serves six. ROSE REISMAN

If you're tired of a basic green lettuce salad, try this Napa cabbage version with a sesame-miso dressing.

Napa cabbage is often referred to as sui choy or Chinese or celery cabbage, and with its minimal calories it's a great addition to salads and stir-fries.

1. To make the salad, in a large bowl, combine the cabbage, bean sprouts, carrot, red pepper, snow peas, green onion and almonds.

2. To make the dressing, in another bowl whisk the miso, water, vinegar, soy sauce, brown sugar, sesame oil, garlic and mustard until smooth. Pour over the salad and toss to coat.

3. Garnish with toasted sesame seeds and chopped parsley or cilantro.

ROSE REISMAN

Ingredients

- 3 cups thinly sliced nappa cabbage
- 1 cup bean sprouts
- 1 cup grated carrot
- 1 1/2 cup thinly sliced red bell pepper
- 1 cup snow peas, halved
- 1/3 cup diced green onion
- 1/4 cup sliced toasted almonds

Sesame-miso Dressing
- 2 tbsp mild yellow miso paste
- 2 tbsp water
- 1 tbsp rice vinegar
- 1 tbsp low-sodium soy sauce
- 4 tsp brown sugar
- 2 tsp sesame oil
- 1 tsp minced garlic
- 1/2 tsp Dijon mustard

Garnish
- 2 tsp toasted sesame seeds
- 1/4 cup chopped parsley or cilantro

The tools you need to quit

Ottawa Model for Smoking Cessation. Program offers tobacco dependence treatment to smokers

JEN TRAPLIN
For Metro

For more than 20 years, The Ottawa Heart Institute has been offering people the help they need to quit smoking through a variety of smoking cessation services.

The Quit Smoking Program (QSP), an outpatient program available to smokers in the Ottawa area, was launched in the early 1990s. In 2002, the Ottawa Model for Smoking Cessation (OMSC) was created after experts at the Heart Institute recognized that hospital in-patients were also looking for help butting out.

"It's about making tobacco dependence treatment part of the standard care that hospitals begin to provide to patients who smoke," said Kerri-Anne Mullen, manager of OMSC National Network. "For every patient that's admitted to hospital, they're systemically identified for smoking status. We find out who is a current smoker who is in hospital and then document it on the patient record."

Patients who are smokers then receive a consultation on quitting while in hospital and are offered medications, primarily nicotine replacement, and other aids to quit, free of charge.

Even after patients leave the hospital, health-care professionals follow up on their progress for months.

"We keep in touch with them for up to six months after they leave and help guide them through a quit attempt," Mullen said.

The Ottawa Model for Smoking Cessation was created after experts at the Ottawa Heart Institute recognized that hospital in-patients who were smokers were also looking for help butting out. COURTESY OF THE OTTAWA HEART INSTITUTE

Everything is done in a non-judgmental way, she said, understanding that tobacco use is an addiction and nicotine is a highly addictive substance.

"This is not a lifestyle choice. People don't start at the age of 12 and continue smoking for 40 years because they choose to do that 25 times a day. It's an addiction."

Thanks to the program's success locally, the OMSC has been adopted by more than 180 in-patient, outpatient and primary-care settings across Canada.

Mullen said, from what her team has seen here in Ottawa and across the country, the OMSC significantly increases quit rates among patients who are part of the program.

"Our data shows that 70 per cent of smokers who are in hospital want to quit so it's a really opportune time to speak to people about it."

For more information, visit ottawamodel.ottawaheart.ca.

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Champs heading back to Super Bowl

NFL playoffs. Seahawks overcome 16-point deficit to edge Green Bay in instant-classic thriller

The Seahawks' Michael Bennett with Russell Wilson after their NFC championship win over the Green Bay Pakcers on Sunday in Seattle. RONALD MARTINEZ/GETTY IMAGES

Never doubt the resilience of the Seattle Seahawks.

Plagued by turnovers and outplayed much of Sunday by Green Bay, the Seahawks staged an improbable comeback and beat the Packers 28-22 in overtime. Russell Wilson, who struggled until the final minutes, hit Jermaine Kearse for a 35-yard touchdown 3:19 into the extra period to end the game.

The Seahawks became the first defending champion to make the Super Bowl in 10 years.

Seattle (14-4) trailed 19-7 with about four minutes remaining and had been ineffective on offence all game. Wilson finally put a drive together with passes to Doug Baldwin and Marshawn Lynch — initially ruled a touchdown but called back because he stepped out of bounds. Wilson finished with a one-yard scoring run to cut the lead to 19-14 with 2:09 left.

The onside kick went high to Packers tight end Brandon Bostick, but he couldn't gather it, and Seattle's Chris Matthews recovered at the 50. The crowd, which had been quiet since falling behind 16-0, came alive and Lynch sped and powered his way to a 24-yard TD run. On the two-point conversion, Wilson - about to be sacked - threw a desperate pass hauled in by Luke Willson to make it 22-19 with 1:25 remaining.

NFC championship

28	22
Seahawks	Packers

- **AFC championship.** Go to metronews.ca for coverage of Sunday's other game between the New England Patriots and Indianapolis Colts.

Aaron Rodgers, limping on an injured calf, calmly led the Packers (13-5) down the field to set up Mason Crosby's fifth field goal, a 48-yarder with 14 seconds to go to force overtime.

Then Wilson and Kearse struck, with Kearse — the target on all four of Wilson's interceptions — beating Tramon Williams on the winning pass. Kearse caught the winning score in last year's conference title win over San Francisco, too.

"Just making the plays at the end and keep believing," said Wilson, who was overwhelmed and sobbing after the game. "There was no doubt ... we had no doubt as a team."

Until the final minutes, there seemed to be no doubt the Packers were headed to the big game Feb. 1 in Glendale, Arizona. Despite All-Pro Rodgers' injured calf, Green Bay and its overlooked defence was carrying the day.

THE ASSOCIATED PRESS

Sent packing

"It's going to be a missed opportunity that I'll probably think about for the rest of my career."

Green Bay Packers quarterback Aaron Rodgers

NBA

Raptors fall apart vs. Pelicans in 4th

DeMar DeRozan scored 22 points in a losing effort for Toronto on Sunday, as the Raptors dropped a 95-93 decision to the New Orleans Pelicans.

The Raptors ended their six-game homestand 2-4, and have lost seven of their last 10 games.

Tyreke Evans scored 26 points, while Akexis Ajinca finished with 22 for the Pelicans (20-20), who were playing without starters Anthony Davis and Jrue Holiday. THE CANADIAN PRESS

Downhill skiing

Vonn vrooms into World Cup all-time record tie

Lindsey Vonn won a downhill Sunday in Cortina d'Ampezzo to match Annemarie Moser-Proell's 35-year-old record of 62 World Cup wins, capping a comeback from two serious knee surgeries.

THE ASSOCIATED PRESS

Freestyle skiing

Dufour-Lapointe earns more gold

Montreal freestyle skier Justine Dufour-Lapointe added to her Olympic gold medal by winning the world moguls title, while Mikael Kingsbury of Deux-Montagnes, Que., took silver in the men's event on Sunday in Kreischberg, Austria.

Dufour-Lapointe, who earned bronze at the 2013 worlds in Norway, scored 87.25 points in the final.

THE ASSOCIATED PRESS

Rangers run rampant over listless Pens

Penguins centre Sidney Crosby tries to pass from behind the net during Sunday's loss to the New York Rangers in New York. GENE J. PUSKAR/THE ASSOCIATED PRESS

A pair of shutout losses last week briefly cooled off the streaking New York Rangers.

A productive 48-hour span buoyed by the return of Rick Nash's shooting touch made sure the dip didn't turn into a slump.

Nash scored 26 seconds into the game then added his NHL-leading 28th goal early in the second period to lift the Rangers to a 5-2 win over the Pittsburgh Penguins on Sunday.

New York backed up a 2-1 win over Columbus on Friday night with an opportunistic 60 minutes against the Penguins, converting repeated Pittsburgh mistakes and fortunate bounces into their 15th win in their past 18 games.

On Sunday

5	2
Rangers	Penguins

"It shows the kind of character we have on this team to bounce back after a tough home loss and another loss on the road to Boston," Nash said who now has an NHL-high 28 goals. "To come back and get these two wins and in a tough place to play in, it's a huge deal."

Derek Stepan also scored twice for the surging Rangers and Derick Brassard had a goal and an assist.

The Rangers pulled within two points of second-place Pittsburgh in the Metropolitan Division. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You are assertive by nature but you also possess charisma and with Venus so strong in your chart at the moment you will charm the birds from the trees.

♉ Taurus
April 21 - May 21
You will either impress some very important people today or you will upset some very important people. There is no middle ground.

♊ Gemini
May 22 - June 21
Anyone who thinks that you will change your plans to fit in with what they want to do clearly does not know you well. Let them know you're the boss.

♋ Cancer
June 22 - July 23
If facts and figures don't add up then you must investigate the matter. Yes, you may annoy a few people but as it's your reputation and money at stake you can't afford to take chances.

♌ Leo
July 24 - Aug. 23
It is likely that you will have a heated difference of opinion with someone today and you must not back down. Others will respect you more if you stand up for yourself.

♍ Virgo
Aug. 24 - Sept. 23
You take your responsibilities seriously, which is good, but if you focus on them to the exclusion of everything else today you could miss out on a fun time. All work and no play is rarely a good idea.

♎ Libra
Sept. 24 - Oct. 23
Find a balance between being assertive and being passive. Cosmic activity in your fellow Air sign of Aquarius will see to it that the right opportunity arrives at the right time.

♏ Scorpio
Oct. 24 - Nov. 22
If you speak your mind today you will get away with it no matter how outrageous your comments may be. If you speak your mind tomorrow there may be negative consequences.

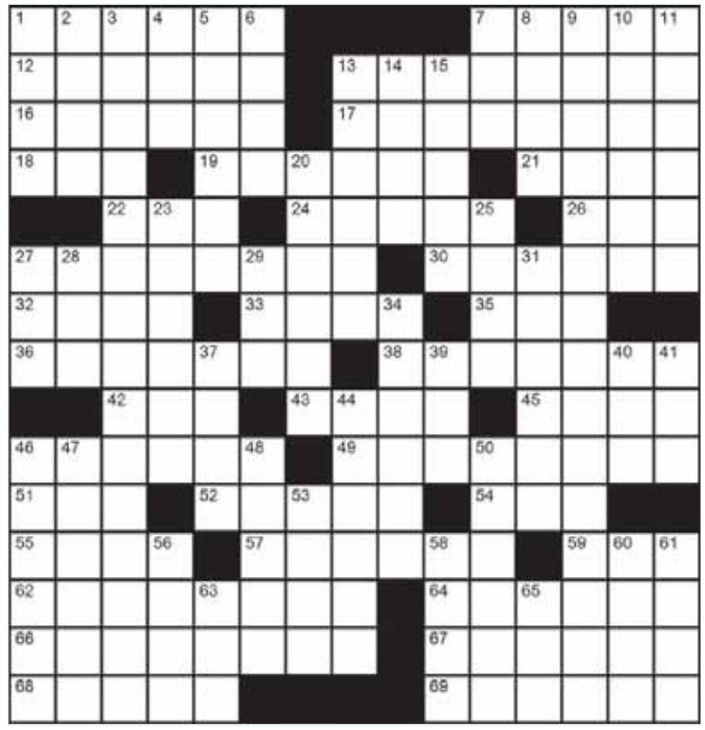
♐ Sagittarius
Nov. 23 - Dec. 21
If a friend asks for your opinion about something it will pay you to say what you think they want to hear, even if you believe the opposite. Arguments are best avoided over the next 24 hours.

♑ Capricorn
Dec. 22 - Jan. 20
Don't change things for the sake of it today because almost certainly you will have to change them back again when mind planet Mercury turns retrograde on Wednesday.

♒ Aquarius
Jan. 21 - Feb. 19
You won't care in the slightest what anyone thinks about you today. You are determined to show that you will follow your own path through life.

♓ Pisces
Feb. 20 - March 20
You may not be your sociable self today but in a way that's OK because you need to spend time in your own company. Think about life's direction.

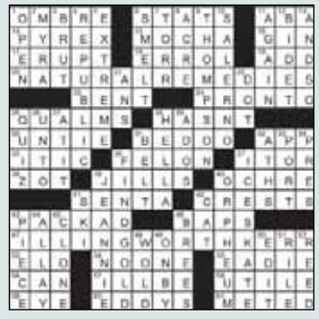
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. US federal holiday: Martin __ King Day
7. Current movie starring David Oyelowo as the Civil Rights leader at #1-Across
12. Author S.E. Hinton = Susan __ Hinton
13. Monument type honouring #1-Across in Washington, D.C.
16. Bays
17. Big name in typewriters when typewriters were big
18. T-__ pans
19. Classic video game platforms
21. British WWII submachine gun
22. Athletic
24. Singer Ms. Payne
26. Caustic stuff
27. Saint John, NB: Circular fort, as per Carleton __ Tower
30. Dwell
32. Tire: French
33. Glass Tiger's "My __"
35. Gladiator's 201
36. One of the Windward Islands
38. Songstress Joan
42. "Volare (__ Blu Dipinto Di Blu)"
43. Root vegetable
45. Amphibious sort
46. Robinson __ (Classic book)
49. Snow __ (Arctic birds)
51. "Superman" g.r.o.u.p.
52. Lohengrin aria: "__ Dream"
54. "Yay!"
55. Long-range weapon, commonly
57. Airline, __ Pacific
59. "Well!"
62. Soapstone
64. Flying bird, at times
66. Destroyed by acid
67. Bags
68. Canadian figure skating great Brian
69. "Remington __"

Down
1. Norse navigator Mr. Ericsson
2. Forearm bone
3. They often start 1-800...: 2 wds.
4. "Hurry!"
5. Millionaire's spread
6. Relaxation
7. First 'S' in USSR [abbr.]
8. '70s Spanish hit: "__ Tu"
9. Canadian animal breed (answer is the nickname of it) that achieved official national status in 2002: 3 wds.
10. Nautical friends
11. Skirt styles
13. "Good __" (Olde-style greeting)
14. Author Mr. Wiesel
15. Bungle
20. Buoyant
23. Apple songs
25. Rhyme scheme
27. Car ad fig.
28. Begin to spell out Saskatchewan's capital... "Give me __ '_'!"
29. Inc.'s cousin
31. #33-Across bit: "When I think of you __..."
34. "There's time still.": 2 wds.
37. Moisturizer ingredient
39. Family member
40. Bug
41. Mr. McMahon's
44. Declined
46. Cooking oil brand
47. Parish gig
48. 1961 Charlton Heston film: 2 wds.
50. Compete for a team position: 2 wds.
53. Satisfy
56. She-horse
58. Pharaoh symbols
60. Shoe part
61. "The '__ 'e knows above a bit..." - Rudyard Kipling
63. Maple Leafs, on scoreboards
65. 'Is', plurally

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

8	4	1	7	5	2	9	6	3
9	7	6	8	3	4	2	1	5
2	3	5	6	9	1	4	8	7
3	2	7	4	8	6	5	9	1
5	8	4	9	1	7	6	3	2
1	6	9	5	2	3	7	4	8
6	1	2	3	4	5	8	7	9
7	9	3	2	6	8	1	5	4
4	5	8	1	7	9	3	2	6

								6
		1		4			5	
	8				3		1	9
							7	3
	5		1		7		8	
9	4							
2	6		8				3	
	7			9		5		
3								

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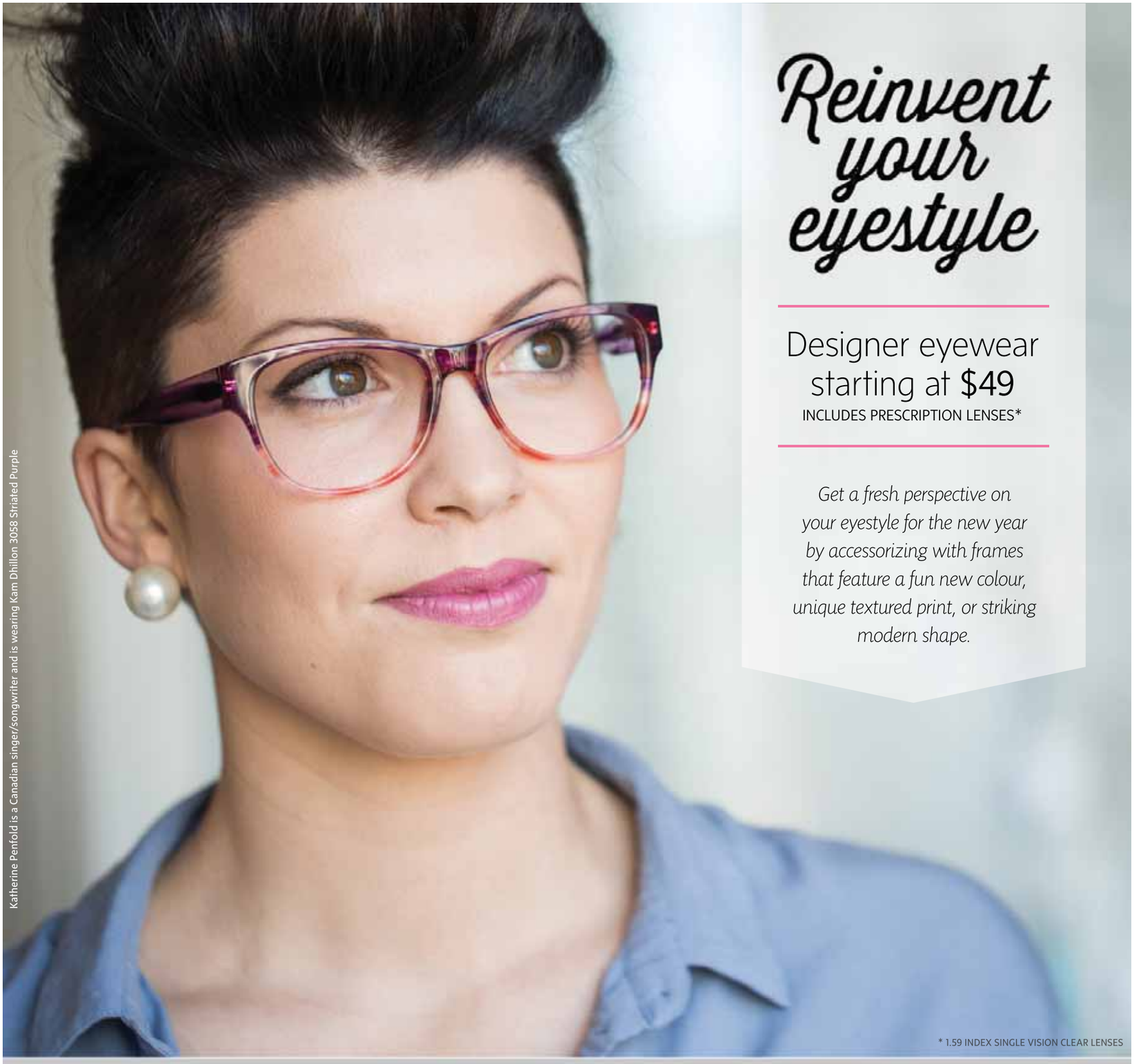

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Katherine Penfold is a Canadian singer/songwriter and is wearing Kam Dhillon 3058 Striated Purple

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